

104. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal, said individual wearing a wearable physiological monitoring device, the method comprising:

establishing said physiological status goal according to certain selectable physiological parameters of said individual;

~~wearing a wearable physiological monitoring device on the body of the individual;~~
generating data with said wearable device, said generated data indicative of ~~one or more measured a first parameter parameters of~~ said individual ~~using~~ wearing said wearable physiological monitoring device;

generating data with indicative of a second parameter of said individual with at least one of said wearable device and a second device;

determining quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal based upon said data indicative of said first parameter and said second parameter ~~one or more parameters~~; and

~~providing~~ communicating to a recipient said determined quantitative status information regarding said individual.

124. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a

preset physiological status goal; said individual wearing a wearable physiological monitoring device, the method comprising:

establishing said physiological status goal according to certain selectable physiological parameters of said individual;

~~wearing a wearable physiological monitoring device on the body of the individual;~~

generating data with said wearable device, said generated data indicative of a first parameter ~~one or more measured parameters~~ of said individual ~~using~~ wearing said wearable physiological monitoring device;

generating data with indicative of a second parameter of said individual with at least one of said wearable device and a second device;

determining quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal based upon said data indicative of said first parameter and said second parameter ~~one or more parameters~~; and

~~providing communicating to a recipient~~ said determined quantitative status information indicative of a suggested change in said individual's performance to assist said individual in the achievement of said physiological status goal.

153. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal, the method comprising:

establishing said physiological status goal according to certain selectable physiological parameters of said individual;

wearing providing a wearable physiological monitoring device to be worn on the body of the individual, said wearable physiological monitoring device having at least two sensors, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said wearable physiological monitoring device generating at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin when worn by said individual;

generating data with said wearable device, said generated data indicative of one or more measured parameters of said individual using at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin;

determining quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal based upon said data indicative of one or more parameters; and
~~providing communicating to a recipient~~ said determined quantitative status information regarding said individual.

157. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal. the method comprising:

establishing said physiological status goal according to certain selectable physiological parameters of said individual;

~~wearing~~ providing a wearable physiological monitoring device to be worn on the body of the individual, said wearable physiological monitoring device having at least two sensors, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said wearable physiological monitoring device generating at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart

beats or muscle or brain activity and said data indicative of a temperature of said individual's skin when worn by said individual;

generating data with said wearable device, said generated data indicative of one or more measured parameters of said individual using at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin;

determining quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal based upon said data indicative of one or more parameters; and

providing communicating to a recipient said determined quantitative status information indicative of a suggested change in said individual's performance to assist said individual in the achievement of said physiological status goal.